**HOW TO MAKE BONE BROTH**

* Chicken bones (about 1 whole chicken’s worth)
* Onion, cut in half
* 3 – 5 stalks of celery, broken in half
* 3 -4 carrots, broken into thirds
* Kelp, one 4 – 6” piece
* Dried Reishi mushroom slices, 4
* Dried Shiitake mushrooms, one handful.
* Water, about 2 quarts
* Optional: garlic cloves

Put everything in a slow cooker and cook at least 12 hours on low; or cook in Instant Pot on high pressure for 2 hours; or simmer gently on the stovetop for 12 hours. Strain and salt to taste. Can be used a soup base. Alternately, use your Instant Pot on stock/soup. You can modify the amounts as needed.

To makes this vegetarian/vegan simply leave out the chicken bones.